

**ABSTRACT OF THE INVENTION**

A headrest for use with a seat back, preferably for a rear seat of an automobile, having a mount operatively attached to the seat back and a headrest pivotably mounted so that it may pivot or swivel forward about a swivel axis. In a use position, a spring places pressure or a load on the headrest, and may be engaged or locked against folding forward because of the spring. When the headrest is lowered below a minimum height, the headrest is automatically unlocked or disengaged, and the headrest moves forward generally perpendicular with the seatback under the force of the spring. The mount is adjustable in height, and the headrest is automatically released from the engaged or locked position when the headrest is lowered below a minimum height.